

**ABSTRACT**

Growth hormone (GH) release in vertebrates may be augmented by an oral dietary supplement composed of acetyl-L-carnitine and L-ornithine acting in synergy. Augmentation is most efficacious by ingestion at night sleep after a short fast, but may be used during the day. Human dosages in subgram levels allow precise and reliable control of the level of augmented GH release over greater than one order of magnitude range above normal levels. This method can: return aging declined GH release to young adult levels, cause rapid fat loss without protein loss or extreme hunger, enable prolonged wakeful alertness and strength during emergencies, promote anabolic function in catabolic disease or trauma, and rapidly mature domestic animals.